



Dehydrating Quality Surplus Vegetables

Dried Products Ideal
Winter Food Addition

LACK of jars need not prevent the gardener from laying aside a large amount of this year's garden products for winter use.

Before drying, vegetables should be precooked in steam or boiling water. Steam cooking will furnish a superior product to those cooked in water. They should be removed as soon as tender and placed in the drier.

A satisfactory drier is illustrated here. Or it may be advisable to dry in the oven, or in the sun, behind glass. It is advisable to furnish air circulation by means of electric fan, if possible. This process involves bringing currents of relatively dry air into intimate contact with the material to be dried.

The temperature in the drier should not be hot enough to cook the food, yet it should be of a suitable temperature to cause evaporation of moisture. The drying must be a continuous process in order to prevent the growth of organisms.

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Natural Drugs Source

Of Study of Chemists

The chemist has always been intrigued with the potency of natural drugs and inquired into the structure of their active ingredients for guidance. The leaves of one of the trees grown in South America was once found to reduce hunger and in the case of physical endurance. The chemist isolated the active principle, cocaine, in 1860 and observed its anesthetic action. In 1879, its pharmacological properties were studied and its use as a local anesthetic was recommended. Examination of the chemical structure disclosed certain characteristics, such as the presence of a carboxyl, a methyl amino group, which led to the discovery of a simple ester had an anesthetic action and in 1905 synthesized the well known local anesthetic, novocaine. Although many variants of its structure have been made, and many very useful new compounds produced, novocaine still enjoys a high reputation in medical and dental practice. The same story can be developed in other fields of synthetic and medicinal. The first hypnotic, namely, veronal (barbital) and luminal (phenobarbital) made by the original investigators are still in great repute, the latter having by far the greatest utility.

Sound Planning Essential

For Best Garden Results

The first step toward efficient use of time and space in the garden is sound planning. Before beginning the actual work, draw a plan of your garden on paper in proper proportion with essential phases of the work noted.

Six important points to include in this plan are: The amount and location of each crop in the garden; planting distances; the variety of each vegetable to plant; the probable planting dates; and succession crops (planting of same vegetable to give constant supply).

Run rows north and south if possible to afford more sunlight; plant smaller plants; plant perennials at one side so they will not shade with preparation of the rest of the garden each season.

Arranging rows of crops according to planting dates makes it possible to prepare only the part needed at one time. Plan for enough different kinds of vegetables to provide well balanced meals and variety, and enough to can for winter.

Make your plan flexible enough to allow necessary changes.

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Vegetable Minerals Are Lost in Kitchen

Minerals of vegetables are lost in two ways—through discarding certain parts of the vegetable in its preparation and through the cooking process. The green portions of the vegetables we sometimes discard are rich in calcium and iron, also some minerals are lost if the vegetable is peeled and still greater losses occur if it is peeled and cut into small pieces before cooking.

In cooking, losses occur through chemical changes or else nutrients are dissolved in the cooking liquid. Calcium, phosphorus and iron are not destroyed in the cooking process, but are dissolved out of the vegetables into the cooking water.

The smart vegetable cook will use these mineral-rich cooking waters in soups, gravies and dressings—thereby avoiding their waste and giving her family the benefit of all the vegetable minerals. Or better yet, she will form the habit of cooking vegetables in the minimum amount of water, and there will be little excess cooking water remaining when the vegetable is done.

Cleveland's Second Term

Grover Cleveland's second term (1893-97) proved a series of stormy events which brought constant disruption to his administration. Through approval on his head, through direct force of will he managed to have the Sherman Silver act repealed in a special session of congress. In 1894 he ordered federal troops to Chicago to clear up the Pullman strike. In an effort to reduce the tariff he received tariff regulations but senate alterations so changed the bill that he refused to sign it and it became effective without his signature. His next move was to withdraw Harrison's Hawaiian treaty from the senate in an unsuccessful attempt to restore Hawaii's former government. However, his most startling act and one which caused international political circles to tremble was his famous December, 1895, message to congress in which he stated that Great Britain threatened infringement of the Monroe Doctrine in her boundary dispute between British Guiana and Venezuela and warned that the United States would go to war to protect the doctrine.

From where I sit ... by Joe Marsh

Dick Newcomb Goes Fishing by Proxy

Bob Newcomb used to be the best fly caster in the county. Never missed a Saturday at Seward's Creek. But come the war, and Bob's son going off in uniform, he just lost interest in things like fishing.

But the other day Bob got a letter from the South Pacific. It was a kind of a homelike letter. It was thinking of you, Dad, fishing Seward's Creek; cooking trout over an open fire; and keeping the bee cool in the stream. Keep an extra bottle cool for me."

Joe Marsh

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Appomattox Co. 100 Years Old

Community Cannery Here

One of the famous early citizens of Appomattox County was Joe Sweeney (above). He was a famous musician and is credited with invention of the modern banjo. He won fame playing for troops in Civil War days and later went abroad and played before European royalty.

Mr. and Mrs. Wallace Bondurant and family spent Sunday at Spout Spring.

Miss Nadine Burdette and Tom Burdette were business visitors in Lynchburg last Saturday.

Boylan Army now holds major portion of Berlin.

Union service at local churches is Sunday night.

World conference meeting in San Francisco.

Pulpwood needed in the war effort. Keep cutting it.

War Between the States. Lee and the Army of Northern Virginia at Appomattox, on April 9, 1865, ending the 4-year

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